

Międzynarodowe Zawody o Puchar Dyrektora ZSOMS Kraków
Kraków, 11. - 12.10.2025

Konkurencja 11
11.10.2025 - 11:17

Kobiet, 400m zmienny

13 lat i starsi
Wyniki

Punkty: AQUA 2024

Pozycja	Rok ur.										Czas	Pkt.
13 - 14 lat												
1.	WĄS, Amelia			12	Stowarzyszenie Olimpijczyk Brzesko					5:18.19	538	
	50m:	34.03	34.03	150m:	1:56.11	42.60	250m:	3:19.77	42.02	350m:	4:41.70	37.66
	100m:	1:13.51	39.48	200m:	2:37.75	41.64	300m:	4:04.04	44.27	400m:	5:18.19	36.49
2.	DUDUN, Olha			11	Lviv Region					5:18.95	535	
	50m:	36.79	36.79	150m:	1:59.13	42.55	250m:	3:23.75	44.13	350m:	4:44.90	36.14
	100m:	1:16.58	39.79	200m:	2:39.62	40.49	300m:	4:08.76	45.01	400m:	5:18.95	34.05
3.	WERNER, Aleksandra			12	UKS SMS Galicja Kraków					5:32.42	472	
	50m:	36.68	36.68	150m:	2:02.96	43.29	250m:	3:30.49	44.84	350m:	4:55.61	38.27
	100m:	1:19.67	42.99	200m:	2:45.65	42.69	300m:	4:17.34	46.85	400m:	5:32.42	36.81
4.	HUS, Nikola			11	Stowarzyszenie "OLIMPIJCZYK KRAKÓW"					5:36.89	454	
	50m:	35.22	35.22	150m:	1:57.89	40.19	250m:	3:28.69	49.79	350m:	4:57.64	38.03
	100m:	1:17.70	42.48	200m:	2:38.90	41.01	300m:	4:19.61	50.92	400m:	5:36.89	39.25
5.	ZABORSKA, Idalia			12	UKS Ósemka Oświęcim					5:41.13	437	
	50m:	37.42	37.42	150m:	2:08.81	44.52	250m:	3:37.37	45.06	350m:	5:02.97	39.79
	100m:	1:24.29	46.87	200m:	2:52.31	43.50	300m:	4:23.18	45.81	400m:	5:41.13	38.16
YSKW.	SKRZYPEK, Weronika			12	UKS SMS Galicja Kraków					5:50.74		
	K-16											
	50m:	33.99	33.99	150m:	2:01.44	46.26	250m:	3:37.67	51.57	350m:	5:09.22	40.58
	100m:	1:15.18	41.19	200m:	2:46.10	44.66	300m:	4:28.64	50.97	400m:	5:50.74	41.52
YSKW.	MUSZALSKA, Julia			12	UKS „Omega" Olkusz					5:57.30		
	G-4											
	50m:	36.87	36.87	150m:	2:10.16	47.08	250m:	3:45.06	50.01	350m:	5:17.69	43.75
	100m:	1:23.08	46.21	200m:	2:55.05	44.89	300m:	4:33.94	48.88	400m:	5:57.30	39.61
15 - 16 lat												
1.	POLAK, Iga			09	UKP Unia Oświęcim					5:06.95	600	
	50m:	31.73	31.73	150m:	1:47.19	39.33	250m:	3:11.88	46.00	350m:	4:33.78	35.19
	100m:	1:07.86	36.13	200m:	2:25.88	38.69	300m:	3:58.59	46.71	400m:	5:06.95	33.17
2.	WIECZOREK, Michalina			09	UKP Unia Oświęcim					5:16.76	546	
	50m:	32.65	32.65	150m:	1:50.99	41.02	250m:	3:18.62	47.41	350m:	4:41.94	35.79
	100m:	1:09.97	37.32	200m:	2:31.21	40.22	300m:	4:06.15	47.53	400m:	5:16.76	34.82
3.	ARTYUKH, Anastasiya			10	Lviv Region					5:19.50	532	
	50m:	35.03	35.03	150m:	1:56.07	41.63	250m:	3:22.32	45.95	350m:	4:45.63	35.57
	100m:	1:14.44	39.41	200m:	2:36.37	40.30	300m:	4:10.06	47.74	400m:	5:19.50	33.87
4.	KLAJMON, Karolina			10	UKS SMS Galicja Kraków					5:22.72	516	
	50m:	33.37	33.37	150m:	1:52.13	40.62	250m:	3:19.55	46.65	350m:	4:45.43	38.58
	100m:	1:11.51	38.14	200m:	2:32.90	40.77	300m:	4:06.85	47.30	400m:	5:22.72	37.29
5.	ZIENKOWSKA, Maja			10	Klub Sportowy "H2O Bochnia"					5:41.88	434	
	50m:	35.71	35.71	150m:	2:03.26	44.38	250m:	3:33.55	48.28	350m:	5:03.72	40.86
	100m:	1:18.88	43.17	200m:	2:45.27	42.01	300m:	4:22.86	49.31	400m:	5:41.88	38.16
13 lat i starsi												
1.	MOSIAKINA, Sofia			08	UKP Unia Oświęcim					5:06.83	601	
	50m:	33.10	33.10	150m:	1:52.35	41.81	250m:	3:15.54	42.91	350m:	4:34.03	35.35
	100m:	1:10.54	37.44	200m:	2:32.63	40.28	300m:	3:58.68	43.14	400m:	5:06.83	32.80
2.	POLAK, Iga			09	UKP Unia Oświęcim					5:06.95	600	
	50m:	31.73	31.73	150m:	1:47.19	39.33	250m:	3:11.88	46.00	350m:	4:33.78	35.19
	100m:	1:07.86	36.13	200m:	2:25.88	38.69	300m:	3:58.59	46.71	400m:	5:06.95	33.17

Międzynarodowe Zawody o Puchar Dyrektora ZSOMS Kraków
Kraków, 11. - 12.10.2025

Konkurencja 11, Kobiety, 400m zmienny, 13 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.
3.	WIECZOREK, Michalina			09	UKP Unia Oświęcim				5:16.76	546
	50m:	32.65	32.65	150m:	1:50.99	41.02	250m:	3:18.62	47.41	350m: 4:41.94 35.79
	100m:	1:09.97	37.32	200m:	2:31.21	40.22	300m:	4:06.15	47.53	400m: 5:16.76 34.82
4.	WAŚ, Amelia			12	Stowarzyszenie Olimpijczyk Brzesko				5:18.19	538
	50m:	34.03	34.03	150m:	1:56.11	42.60	250m:	3:19.77	42.02	350m: 4:41.70 37.66
	100m:	1:13.51	39.48	200m:	2:37.75	41.64	300m:	4:04.04	44.27	400m: 5:18.19 36.49
5.	MARCINIAK, Aleksandra			07	UKS SMS Galicja Kraków				5:18.88	535
	50m:	32.89	32.89	150m:	1:51.40	41.62	250m:	3:18.42	45.83	350m: 4:41.57 37.28
	100m:	1:09.78	36.89	200m:	2:32.59	41.19	300m:	4:04.29	45.87	400m: 5:18.88 37.31
6.	DUDUN, Olha			11	Lviv Region				5:18.95	535
	50m:	36.79	36.79	150m:	1:59.13	42.55	250m:	3:23.75	44.13	350m: 4:44.90 36.14
	100m:	1:16.58	39.79	200m:	2:39.62	40.49	300m:	4:08.76	45.01	400m: 5:18.95 34.05
7.	ARTYUKH, Anastasiya			10	Lviv Region				5:19.50	532
	50m:	35.03	35.03	150m:	1:56.07	41.63	250m:	3:22.32	45.95	350m: 4:45.63 35.57
	100m:	1:14.44	39.41	200m:	2:36.37	40.30	300m:	4:10.06	47.74	400m: 5:19.50 33.87
8.	KLAJMON, Karolina			10	UKS SMS Galicja Kraków				5:22.72	516
	50m:	33.37	33.37	150m:	1:52.13	40.62	250m:	3:19.55	46.65	350m: 4:45.43 38.58
	100m:	1:11.51	38.14	200m:	2:32.90	40.77	300m:	4:06.85	47.30	400m: 5:22.72 37.29
9.	WERNER, Aleksandra			12	UKS SMS Galicja Kraków				5:32.42	472
	50m:	36.68	36.68	150m:	2:02.96	43.29	250m:	3:30.49	44.84	350m: 4:55.61 38.27
	100m:	1:19.67	42.99	200m:	2:45.65	42.69	300m:	4:17.34	46.85	400m: 5:32.42 36.81
10.	HUS, Nikola			11	Stowarzyszenie "OLIMPIJCZYK KRAKÓW"				5:36.89	454
	50m:	35.22	35.22	150m:	1:57.89	40.19	250m:	3:28.69	49.79	350m: 4:57.64 38.03
	100m:	1:17.70	42.48	200m:	2:38.90	41.01	300m:	4:19.61	50.92	400m: 5:36.89 39.25
11.	ZABORSKA, Idalia			12	UKS Ósemka Oświęcim				5:41.13	437
	50m:	37.42	37.42	150m:	2:08.81	44.52	250m:	3:37.37	45.06	350m: 5:02.97 39.79
	100m:	1:24.29	46.87	200m:	2:52.31	43.50	300m:	4:23.18	45.81	400m: 5:41.13 38.16
12.	ZIENKOWSKA, Maja			10	Klub Sportowy "H2O Bochnia"				5:41.88	434
	50m:	35.71	35.71	150m:	2:03.26	44.38	250m:	3:33.55	48.28	350m: 5:03.72 40.86
	100m:	1:18.88	43.17	200m:	2:45.27	42.01	300m:	4:22.86	49.31	400m: 5:41.88 38.16
DYSKW.	CZAPCZYŃSKA, Zofia			08	Stowarzyszenie "OLIMPIJCZYK KRAKÓW"				5:42.03	
	K-16									
	50m:	33.82	33.82	150m:	2:00.21	45.40	250m:	3:31.96	47.09	350m: 5:03.42 42.59
	100m:	1:14.81	40.99	200m:	2:44.87	44.66	300m:	4:20.83	48.87	400m: 5:42.03 38.61
DYSKW.	SKRZYPEK, Weronika			12	UKS SMS Galicja Kraków				5:50.74	
	K-16									
	50m:	33.99	33.99	150m:	2:01.44	46.26	250m:	3:37.67	51.57	350m: 5:09.22 40.58
	100m:	1:15.18	41.19	200m:	2:46.10	44.66	300m:	4:28.64	50.97	400m: 5:50.74 41.52
DYSKW.	MUSZALSKA, Julia			12	UKS „Omega” Olkusz				5:57.30	
	G-4									
	50m:	36.87	36.87	150m:	2:10.16	47.08	250m:	3:45.06	50.01	350m: 5:17.69 43.75
	100m:	1:23.08	46.21	200m:	2:55.05	44.89	300m:	4:33.94	48.88	400m: 5:57.30 39.61
PK	KUSZ, Zuzanna			13	UKS SMS Galicja Kraków				5:49.47	406
	50m:	35.20	35.20	150m:	2:04.57	44.73	250m:	3:36.95	49.42	350m: 5:10.36 41.23
	100m:	1:19.84	44.64	200m:	2:47.53	42.96	300m:	4:29.13	52.18	400m: 5:49.47 39.11